SelfHelp Community – Mental Wellness Guide

Who We Are

SelfHelp Community is a U.S.-based community dedicated to supporting people experiencing anxiety, depression, and emotional challenges. We provide encouragement, education, and a welcoming space. We are not an emergency or crisis service and do not replace licensed mental health care.

Understanding Anxiety

Anxiety can involve excessive worry, restlessness, racing thoughts, trouble sleeping, muscle tension, or difficulty concentrating.

Understanding Depression

Depression may include persistent sadness, loss of interest, changes in sleep or appetite, low energy, feelings of hopelessness, or trouble concentrating.

Ways to Support Your Mental Health

Practice deep breathing, maintain a regular sleep schedule, exercise regularly, eat balanced meals, stay connected with supportive people, reduce alcohol and drug use, limit doomscrolling, and seek professional help when needed.

When to Seek Immediate Help

If someone is thinking about harming themselves or others, or is in immediate danger, contact local emergency services or a local crisis service immediately.

You're Not Alone

Recovery is possible, and reaching out for support is a positive step.

Need Support?

If you would like to connect with our community for support or guidance, please email us at **selfhelp@gmail.com**.